



Copper River Regional Health Network

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January 22, 2010

Nancy Merriman
Health Facilities Program Manager
Denali Commission
510 L Street, Suite 410
Anchorage, AK 99501

Dear Ms. Merriman,

CRRHN Health Needs Survey Project

I am pleased to share that the CRRHN Health Needs Survey Project has made significant progress over the past quarter. We were successful in locating a professor and student from UAA to assist with this project. The network is currently working with Gabriel M Garcia, PhD, MA, MPH, Assistant Professor of Public Health from the University of Alaska Anchorage and Jennifer Lacasse, a graduate student under his guidance. The CRRHN Coordinator conducted the preliminary discussion in late November and shared draft copies of the survey with both UAA professionals in December. Under Dr. Garcia and Ms. Lacasse's advisement CRRHN participants discussed the formatting, final questions and dissemination options in a joint meeting. The final survey questions were approved by the CRRHN participants and have been forwarded to Dr. Garcia and Ms. Lacasse for final layout and design.

Under the advisement of Dr. Garcia and Ms. Lacasse the CRRHN agreed that the survey will utilize a six step rating scale. The survey is detailed and lengthy including thirty three comprehensive questions. It was decided the surveys would be mailed and compiled by household within the region. The surveys will be mailed to 2,570 resident households in February 2010. The survey label system will identify the community of origin and aid in assuring that there is limited if any duplicate submissions. The survey packet will include a list of local contacts who can aid a recipient in completing the forms if necessary. The survey packet will also include a postage paid return envelope addressed to a post office box in Anchorage. After researching printing options it was decided that the UAA printing office is the most cost effective printing source for this project. Ms. Lacasse will be responsible for mailing from and retrieving the completed surveys from the post office box. It was agreed by CRRHN participants that Ms. Lacasse will utilize the PASW Statistics Grad Pack 18 software package to compile the results.

The survey has been promoted throughout the region over the past several months, through the CRRHN website, newsletters and by word of mouth. A detailed article will be published in the local paper, the Copper River Record, in January 2010. Once the surveys are ready for mailing several radio announcements will be made as well as follow-up news articles and personal phone contacts to aid in an increased return rate.

The CRRHN will monitor the survey return rate in cooperation with Dr. Garcia and Ms. Lacasse. CRRHN participants will also conduct follow up contact with communities to increase the public's awareness of the survey and increase the return rate. If the return rate is low the CRRHN will evaluate the process and consider hosting survey stations at local events and businesses. The final data report from Dr. Garcia and Ms. Lacasse will be submitted in a final report format and the information made available through the CRRHN website. It is estimated that the results will be available as soon as April 2010. It is anticipated that a second follow up survey will be disseminated at the end of 2010.

CRRHN Informational Website Project

The website www.crrhn.org has been secured on a year to year basis, through the grant funds provided. The CRRHN coordinator has updated the site and will continue to expand the site over the next year.

The website offers readers an update on network activities, links documents produced by the CRRHN in pdf format, as well as links to several other valuable studies. The site also offers readers links to other useful websites and a list of the current CRRHN Participants and their contact information. The site will be expanded in the next quarter to include sample forms and educational opportunities that are health related. The CRRHN Coordinator also maintains a Facebook page for the network.

Coordination of the CRRHN and Administrative Services

The coordination and administrative portion of the grant project is on schedule and within budget. The CRRHN coordinator has been successful in coordinating bi monthly meetings and dictating meeting notes for the network from October through December. During the September 2009 meeting the CRRHN participants agreed to hold regular meeting every other month and hold committee meeting in the off months. During this time period the network co hosted an H1N1 Workshop in October and a two day Emergency Preparedness Workshop and Exercise in November. Both events were well attended and well represented by the CRRHN participants, Alaska Native Tribal Health Consortium staff, Regional LEPC members and various state office employees. In December the CRRHN Elder Care Committee met with Lori Engler, ADRA representative from the Kenai Peninsula and grant division staff from the Providence Medical Center to discuss the issue of Eldercare Options within the region. The coordinator has produced and circulated a quarterly newsletter detailing these events during this time period.

CRRHN Activity Summary

October 2009

- Complete and disperse minutes from the September 2009 CRRHN Meeting.
- Complete narrative report for Denali Commission Project.
- Assist in the Coordination of the Regional Pandemic Flu Workshop.
- Provide follow up meeting notes and disperse information following Pandemic Flu Workshop.
- Complete and disperse quarterly newsletter for the CRRHN.
- Update CRRHN Website and CRRHN Facebook page.
- Maintain a communication flow for network participants through e-mail, telephone and personal contact.
- Monthly contact with MSTC staff.

November 2009

- Coordinate and co-host the third phase of the Regional Emergency Preparedness Workshops on November 3 & 4, 2009.
- Provide follow up meeting notes and disperse information following Emergency Preparedness Workshop.
- Update CRRHN Website and CRRHN Facebook page.
- Maintain a communication flow for network participants through e-mail, telephone and personal contact.
- Monthly contact with MSTC staff.

December 2009

- Conducted an Elder Care Committee Meeting.
- Meet and discuss the survey project with Dr. Gabriel Garcia and Jennifer Lacasse from the University of Alaska.
- Maintain a communication flow for network participants through e-mail, telephone and personal contact.
- Update CRRHN Website and CRRHN Facebook page.
- Monthly contact with MSTC staff.

The CRRHN sincerely thanks the Denali Commission for your support of our network. The continued growth and expansion of participants in the CRRHN is a great indicator of how successful our region wide network has become. Please feel free to contact me with any comments, questions or for further information.

Sincerely,



Kris Winter, Coordinator

